



Patent Pending

AP100 - Aqua Bag Hanging Kit

Installation and Safety Instructions

PARTS LIST:

- 5/16" Swivel eye - Qty. 1
- 5/16" Quick connecting link - Qty. 3
- 5/16" Chain - Qty. 3 feet
- 5/8" Heavy duty shackle - (Comes with Aqua Punching Bag)

PREPERATION: You will need the following materials

- 1/2" eye bolt with nut and washer or 1/2" eye lag screw
- Power drill and drill bit
- Step ladder
- Wrench

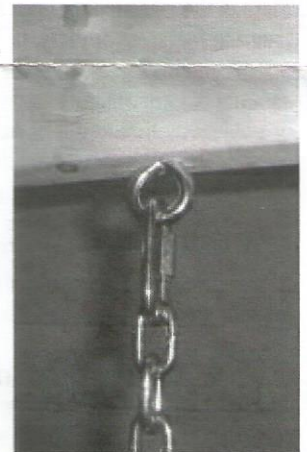
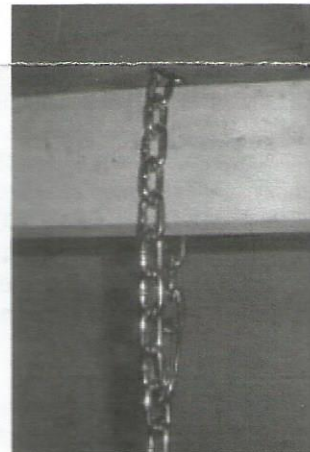
PLACEMENT AND INSTALLATION:

Pick a good location for **your** Aqua bag. You must hang it in a place that is both free of obstacles and stable enough to support the bag. You want a minimum of 5 feet all around your bag so you have enough room to **work** the bag. The Aqua bag will create vibration through the **support** beam when in use. If inside a home the noise and vibration **can** become annoying to others. The vibration may also cause **cracks** in drywall over a period of time. Installing the bag in a garage or outbuilding is a good idea.

Hang the bag from a **sturdy**, overhead support beam or on a free-standing heavy bag rack, for which the floor must also be strong enough to hold the weight. **Make sure the overhead beam can hold no less than four times the weight of the Aqua Bag you have.** When filled with water, the AP120 will weigh about 120 lbs. and the AP190 will weigh about 190 lbs.

Overhead Beam Attachment:

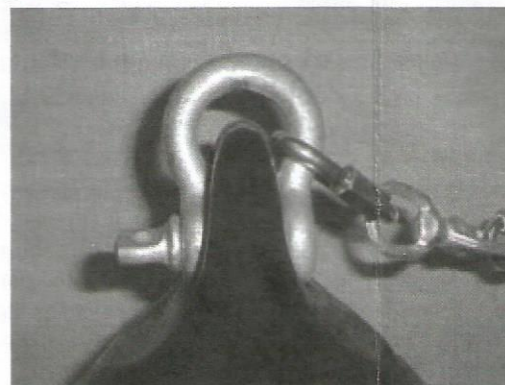
- Option 1) Loop the chain around a ceiling beam or steel ceiling joist and attach with quick link.
- Option 2) Eye bolt - Drill a 1/2" hole through the beam and insert an eye bolt through the drilled hole. Tighten the eye bolt by first sliding a washer over the top and then using a wrench to secure the nut.
- Option 3) Eye lag screw- Drill a hole 1/8" smaller than the lag thread diameter through the beam and screw the eye bolt into the drilled hole. Put the handle of a wrench or screwdriver through the eye to increase leverage to screw the eye completely into the beam.



Attach the chain and swivel combination to the eye bolt using a quick connecting link. Attach the shackle to the Aqua Bag by removing the screw pin and pushing the shackle down around the heavy plastic eye at the top of the bag. The shackle may fit tight and require tapping into position using a rubber mallet or hammer. Replace the screw pin in the shackle. Secure the bag by attaching the shackle to the hanging end of the chain with a quick connecting link.



Push shackle down over eyelet.

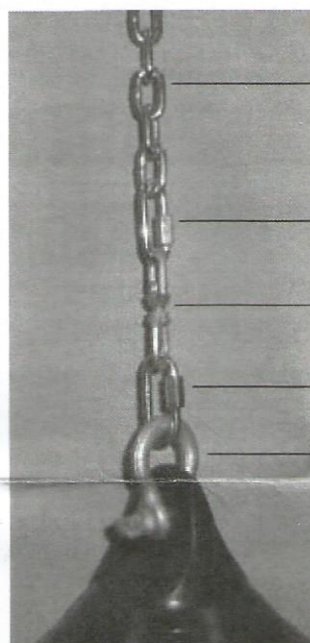


Insert screw pin through eye and tighten.

HANGING HEIGHT:

The Aqua Training Bag should resemble an opponent and therefore the top of the bag should be approximately the height of your own head. Height can be adjusted as desired depending on training style. The length of the chain can be shortened by reducing the amount of links between the eye and the shackle. (For high ceiling installations, additional chain may be required)

TO EASE INSTALLATION, HANG THE AQUA BAG BEFORE FILLING WITH WATER!



Chain hanging down from ceiling

Quick Connection Link

Swivel Eye

Quick Connecting Link

Shackle attached to Aqua Bag

SAFETY

DO NOT PUNCH THE AQUA BAG BARE-HANDED!

Repeatedly striking the Aqua bag bare fisted may result in injury. Wraps or padded gloves that support the hand and wrist area are recommended. Hand protection will help prevent sore knuckles, abrasions to the fingers and injury to the wrists. Hand protection will allow the user to train with better intensity.

Assumption of the Risk

AquaTrainingBag.com strongly recommends that you consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. As with any exercise program, if at any point during your workout you believe conditions to be unsafe or begin to feel faint or dizzy, have physical discomfort, or pain, you should stop immediately and consult a physician.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge AquaTrainingBag.com from any and all claims or causes of action, known or unknown, arising out of AquaTrainingBag.com's negligence.

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